

Concentrated Joys of Housekeeping



A GAS STOVE



THE PRACTICAL HOUSEKEEPER'S OWN PAGE



The Gourmand

There is a man in this town who is making from \$100 to \$125 per week, net profit, by running a small cafe, where you stand at a bar or sit on a high stool, and do your eating. His immediate predecessors at that stand failed. Why has he succeeded? It is first, because he buys good food; second, because he knows how to cook and to serve variety; third, because everything is clean; fourth, because the portions are generous. This man fixes up nice dishes, such as curried eggs, that you don't get everywhere.

Another white man runs a cafe in a better location and is all the while complaining about business. His place is dark; the matting is worn; there is veridigris on his old-fashioned cruet; the table cloths are never clean; dirty jokes are scribbled on the walls of his private rooms. Yet the place has some pretensions. The new cafe is going to run it out. How easy it is to run a successful cafe in Honolulu if you know how. How easy it is to fail in one if you don't, or are careless or have other things to look after.

I believe, with my friend, The Bystander, that there is room here for a Dairy Kitchen and that it would make a lot of money in the hands of the right man.

There are, perhaps, a hundred ways of cooking chicken, but here is a simple one which is sure to satisfy you. Cut up a tender fowl as you would for a fricassee, drain and dry each piece on a towel and then dip it in flour which has had a little sage and the usual seasoning of salt and pepper mixed with it. Pack the pieces in a small Boston beanpot, which may be had at one or two stores in Honolulu and fill in the chinks, to a level with the top of the pot, with fresh milk. Then put the cover on the pot and bake in a medium oven until the chicken is tender. Chicken thus cooked is a delicacy, cold or hot.

The California-crab has come to town again and will soon be followed by the California shad and smelt. One of the clubs, that makes a specialty of good living, has contracted for a lot of the shad and smelt, which fish, properly cooked, are the most delicate that are brought here. It is a pity that the giant crab of California can not be "domesticated" at Pearl Harbor, for it is the most satisfactory of all crustaceans. But the boiled specimens which are imported, answer very well and are snapped up by the illuminati at a good price.

In the way of canned fruits there is nothing so good in the market as the Oregon tinned blackberries, black raspberries, red raspberries and gooseberries. They have the true "back East" flavor and have not lost their shape in the shaking up given the cans in transit. The supply is nearly gone, now, an order for fifty cases more having been filed to await the picking of the next crop. Served with cream all these berries are worth while; and the blackberries are especially fine served as a smother for ice cream.

If you want the best plain ice cream known, make it of pure cream flavored with vanilla. It costs money but it is the frozen dessert that satisfies one best.

Four dainty French lamb chops have been cooked in a chafing-dish in four and a half minutes. In five minutes they are too well done. Use a scant teaspoonful of butter for each chop; when smoking hot, put in the chop, cover a moment and then turn; season with salt and pepper, and when a golden brown they are done. An English chop, weighing a pound, should cook ten minutes; mutton chops, six minutes.

Do you long to eat corned beef like mother used to cook? Somehow the stout, hard, corned beef you buy here, reddened and toughened by saltpeter, doesn't fill the bill. Let me tell you what I do. I go to the market, pick out a nice piece of brisket and get the man behind the block to put it in brine, plain unsalted brine, until it is fully corned. He lets me know when. Well boiled and served with tender cabbage, it goes like hot cakes. It is not an economical dish because there is none left for breakfast hash.

Speaking of corned beef hash, here is the way it is made at Delmonicos, where it costs \$1 a portion: For a small family dinner, select a very fine piece of gristly, navel corned beef, weighing about three pounds. Put it in hot water and boil it half an hour, then take it out, throw the water away and cover the meat with tepid water. Simmer on back of the range two and a half hours; remove the pot from the range and allow the meat to cool in the water, skim off the fat and remove the meat, placing it in the ice-box until next day. Cut into small pieces two pounds of the beef; peel, slice and cut into dice a quantity of RAW potatoes, which, when cut up, will equal in bulk the cut of meat. Peel and cut up fine, one large, sour apple; chop these ingredients together in a chopping bowl. Cut up two fine, medium-sized onions; also cut into fine pieces a large, sweet Spanish pepper, not the hot variety; now put into a large frying pan a scant tablespoonful of beef drippings—butter will not do;—when hot, add the onion and fry a delicate brown. Next add the pepper, toss about for a few moments, then add a gill of strong beef stock, after which the other chopped ingredients, with a pint of beef stock or strong broth mix well, cover and simmer thirty minutes. Should the moisture evaporate too quickly add more of the broth; stir to prevent sticking to the pan and also to assist in evaporating the moisture finally. Taste for seasoning and put away for the next day, when it should be warmed and served.

LOBSTER Dainties



BY MARY FOSTER SNIDER.

Lobster Croquettes.—Take meat of two lobsters and chop it; slice one small onion and brown it in a tablespoon of butter. When it is cooked remove from the fire and mix smoothly with it two tablespoons of flour and a little milk. Add to the chopped lobster two teaspoons of minced parsley, and salt and paprika to taste. Bind the lobster together with the yolks of four eggs, then mix it

thoroughly with the flour, butter and onion. Shape it into small croquettes, egg and bread crumb them, and fry in smoking hot oil or fat. Drain for a moment on unglazed paper, and serve at once garnished with parsley.

Lobster Rissoles.—Mince the meat of one lobster as fine as possible; mix it with the coral pounded smooth, and three yolks of hard-boiled eggs also

ka, and a very little powdered mace. Make a batter in the proportion of two large tablespoons of milk and one teaspoon of flour to each egg used. The size of the lobster must determine the amount to be made. Beat the batter thoroughly and mix the lobster with it gradually until it is stiff enough to make into oval balls about the size of a small hen's egg. Egg and bread crumb them, and fry in hot fat or oil.

Lobster Patties.—Cut out of a sheet of puff paste one-third of an inch thick twelve small round pieces, also twelve smaller pieces one-sixth of an inch thick. Wash them over with egg, placing the small rounds on the others, and stamp a ring on the patties about the size of a silver quarter, not quite through the paste. Bake them in a moderate oven. When done, take out the soft part of the paste from patties where they were marked with the cutter, and fill them with the following mixture: Cut the meat of a boiled lobster into dice, rub the coral smooth with a little butter and put it in a stewpan with one cup of stock, a little anchovy sauce, some seasoning and one dessertspoon of flour rubbed smooth in a little butter. Let it boil five minutes, stirring well all the time, then fill the patties, garnish with parsley, and serve hot.

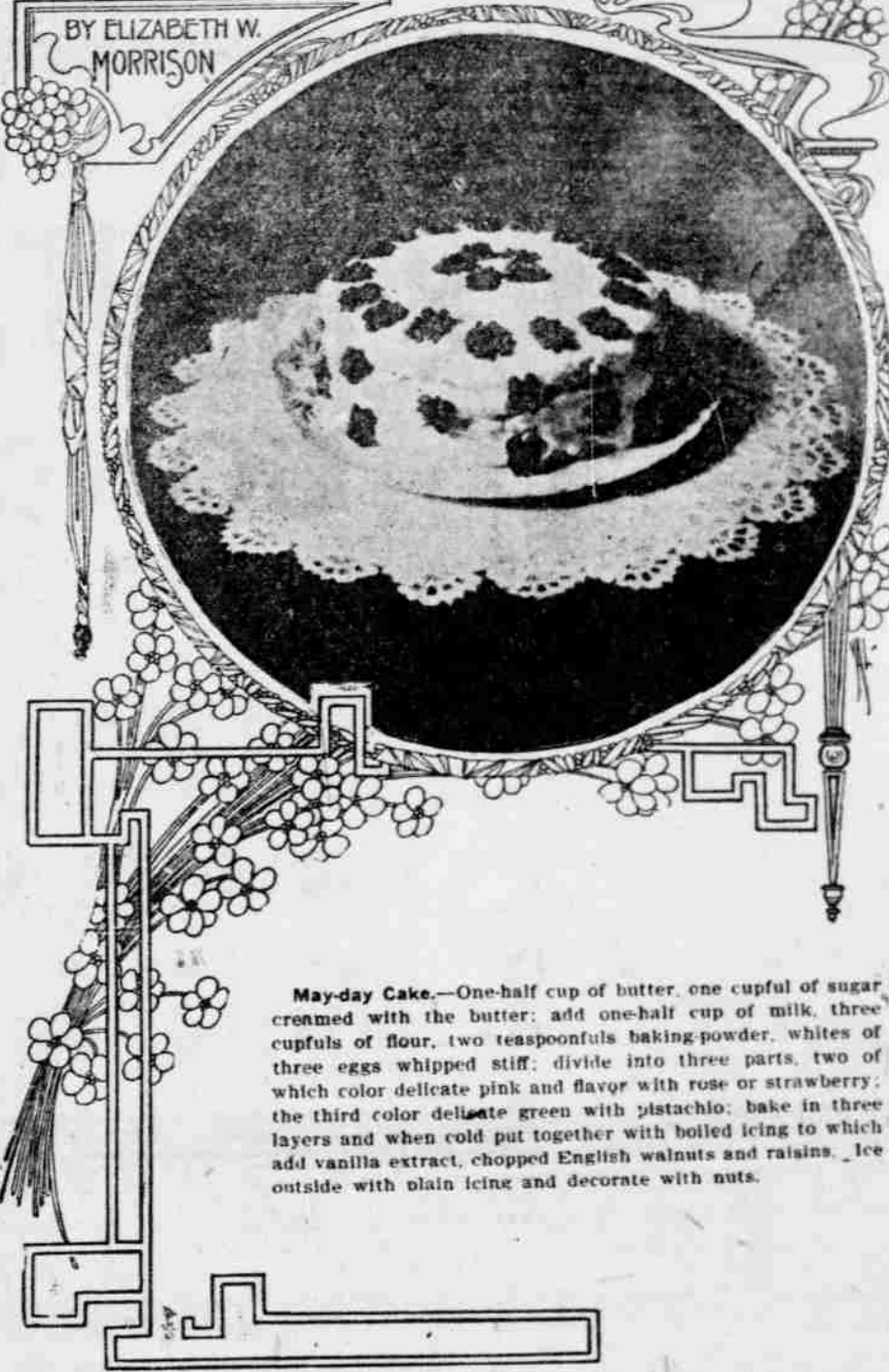
Lobster Fritters.—Pound the lobster meat until perfectly smooth, and add to it half the quantity of breadcrumbs and mashed potatoes in equal parts. Mix half a teaspoon of cream with two well-beaten eggs, and season to taste. Stir into the lobster mixture, mix thoroughly together, cut it into small cakes, and fry in smoking hot oil or fat.

Chops.—Melt two tablespoons of butter in a saucepan; when it bubbles stir in two tablespoons of flour. Cook and stir until smooth and thick, taking care that it does not scorch, then pour in a cupful of boiling cream, and one-half pound of lobster meat cut into dice. Stir until it is boiling hot, then remove from the fire. When nearly cold stir in the well-beaten yolks of three eggs, a grating of nutmeg, and little salt and paprika. Return the mixture to the fire and cook it just enough to set the eggs, without allowing it to boil. Then spread it half an inch thick on a buttered platter. When cold form it into chops, egg and bread crumb, and fry in hot oil or fat. Stick a claw into the end of each chop as it is cooked, and dish in a circle.

Add a teaspoon of soda to water in which you wash silver.

ILLUSTRATED DISHES

BY ELIZABETH W. MORRISON



May-day Cake.—One-half cup of butter, one cupful of sugar creamed with the butter; add one-half cup of milk, three cupfuls of flour, two teaspoonfuls baking powder, whites of three eggs whipped stiff, divide into three parts, two of which color delicate pink and flavor with rose or strawberry, the third color delicate green with pistachio, bake in three layers and when cold put together with boiled icing to which add vanilla extract, chopped English walnuts and raisins. Ice outside with plain icing and decorate with nuts.

Some Plain Dishes.

BOILED RICE PUDDING.

Well wash a heaped teaspoonful of rice in plenty of cold water, and at once put it in a saucepan of boiling water, and boil it for ten minutes; then strain away the water, and put the rice into a basin with a heaped tablespoonful of sugar, a teaspoonful of currants, a little grated nutmeg or lemon peel. Mix all together with one whole egg, put it into a well-buttered basin, tie a cloth over the top, and boil the pudding for three-quarters of an hour. Serve with marmalade round it.

CORN FLOUR CAKE.

Two ounces flour, one-quarter pound corn flour, one-half pound loaf sugar, four ounces butter, one dessertspoonful baking powder, four eggs. Beat the butter and sugar to a cream, then add the eggs well beaten, one at a time, add the flour, baking powder and corn flour; beat five minutes; flavor with almond or lemon; pour into a buttered tin, and bake for one hour.

POTATO SOUFFLE.

Mash some potatoes with butter and seasoning. Add the yolks of three raw eggs and some tomatoes which have been boiled, mashed and strained. Whip up the whites of the eggs to a snow; stir lightly into mixture. Put in a souffle pan which has been well greased. Cover with buttered paper. Steam for half an hour. Garnish with olives, slices of tomato and parsley. Serve very hot.

COCOA PUDDING.

Make a custard with three eggs, two

cupfuls of milk, three rounding table-spoonfuls of sugar, three level table-spoonfuls of cocoa, one-half teaspoonful of vanilla. Butter small moulds or cups and fill two-thirds with fine breadcrumbs, then pour in enough of the custard to fill the cups. Set in a pan of hot water and bake in a moderate oven until firm.

CREAM OF BARLEY SOUP.

Cover a cup of barley with cold water and soak for three hours. Drain, and stir the barley into a quart of veal or mutton stock and boil until the barley is very soft. Season with onion juice, salt and pepper, and thicken with a white roux. Last of all, add a pint of scalding milk, and stir in a tablespoonful of minced parsley.

POTATO CRUST.

Rub through a wire sieve half a pound of cold potatoes and mix with them half a pound of flour, two ounces of butter, a quarter of a pint or even less of water, so as to make all into a light paste. Roll out lightly on a board to a quarter of an inch thick, and cover the pie with it. This is a light pastry and suitable for sweet or savory dishes.

CREAMED BACON.

Bake in the oven slices of bacon till they are brown and crisp; put them on a hot platter; add to the fat in the pan a tablespoonful or more of flour; stir till smooth, add gradually a teaspoonful and a half of milk and cook two minutes.

The Wassail Bowl.

The Wassail bowl is the great-great-grandfather of our modern loving cup. It had its birth in old monasteries where the jolly monks passed around the cup with this toast:

"Weel may we a' be,
Ill may we never see,
Here's to the King
And the gude companie."

Wassail means "Wass hael," or "To Your Health." Old poets call it "A massy bowl to deck the jovial day." A pretty revival of an antique custom for a New Year's supper for a men's club or for a family party is to have four men dressed as servants in the early days, bear the wassail bowl and sing this old song:

"Wassail, Wassail, over the town
Our toast is white, our ale it is brown,
Our bowl, it is made of the mapin tree
We be good fellows all,
I drink to thee."

"Here we come a wassailing
Among the leaves so green,
Here we come a wanderin'
So fair to be seen."

Chorus
"Love and joy come to you
And to your wassel, too,
And God send you a happy New Year,
A New Year."

OLD RECIPE FOR WASSAIL BOWL.

Simmer a small quantity of the following spices in a teacupful of water: cardamoms, cloves, nutmeg, mace, ginger, cinnamon and coriander. When done put the spice into two, four or six bottles of port, sherry or madeira, allowing one and one-half pounds of

loaf sugar to four bottles. Set all on the fire in a clean, bright saucepan. Then pour the yolks of twelve and the whites of six eggs well whisked up into it. When warm take out one cup-



ful, then three or four, when it boils add the remainder pouring it in gradually. The moment a fine froth is obtained toss in twelve fine soft roasted apples. Serve hot.

Health and Beauty

If the people laughed more they would all be happier and healthier.

Don't eat your meals quickly; this causes indigestion and a red nose.

Equal quantities of lemon juice, listerine and glycerin make an excellent mouth wash.

Don't expect physic and tonics to keep you well if you neglect the laws of health and hygiene.

Stand straight, hold your shoulders back, and give yourself a chance to be a healthy woman.

A mixture of white of egg and red pepper is good for neuralgic headache. Apply it to the base of the brain.

Bad cases of indigestion will be cured if the hour passed at the dinner table is made one free from all care, either domestic or business. Never scold or make a child unhappy during a meal.

Eggs are muscle-building food and are digested principally in the stomach. They are most easily digested when raw; somewhat less readily when cooked, but difficult of digestion when hard-boiled.

Brushes and combs can be perfectly cleansed with clear water and ammonia. Do not let the handles of the brushes get wet. After thoroughly wetting the bristles place the brushes, back downward, in the sunshine and let them remain there until dry.

Never force a child to eat that against which he rebels, even though it be the most staple of foods. White potatoes will make some children very sick, showing that there is something in the potato which is absolutely poisonous to their system.

A good hand whitener is fifteen drops of carbolic acid, thirty drops of acetic acid, one ounce of gelatin, eight ounces of water; dissolve the gelatin, in hot water, and when moderately cool add the above to the hands after washing and before drying them. It will keep the hands soft and clean.

Hair should be dried in the sun, but in any case air should be permitted free play through its strands, this being accomplished by fanning, if other means are impracticable. Dry it until it is absolutely free from moisture—it should seem light, and not heavy or clinging. Do not curl it with tongs immediately, as this will take all the life and gloss out of it.

Bath bags are simply luxuries. They are pleasant ones, to be sure, and they leave the surface of the skin smooth and beautiful, but they should never take the place of a flesh brush. Bath bags cannot be used several times for the reason that the bran becomes sour. It is best to keep the powder in a glass jar, filling little cheesecloth bags as needed. Formula: Four pounds of fine oatmeal, two quarts of clean bran, and one and one-half pounds of best powdered orris root, one and one-half pounds of almond meal, one pound of white castile soap thoroughly dried and powdered, three ounces of primrose sachet powder. Any other perfume may be added if it is not convenient to secure the primrose scent.

Household Notes

A piece of pumice stone is very useful about the sink for scouring kettles, spiders and beanpots.

Powdered pumice stone applied with a damp cloth will keep nickel stove trimmings bright.

A weak solution of soda will revive the color in a dusty carpet.

Flowers are kept fresh by adding a pinch of soda in water.

Add soda to water when boiling out enamel saucepans and coffee pot.

A spoonful of soda added to water in which dish cloths and towels are washed will whiten and sweeten them.

To clean hair brushes add one tablespoon soda to one quart hot water, dip the bristles—not the back—into this, shake well until perfectly clean, rinse and stand on edge to dry.

Before using fruit jars the second time, rinse in soda water to sweeten them.

Dampen soda and apply when bitten by any poisonous insect.

Add a little soda when boiling tough meat, also vegetables. They will boil quicker and be sweeter and more tender.

Nothing is better than a glass fruit jar for keeping cooking utensils moist.

A little ammonia added to water colored clothes are washed in will remove dirt easily.

In using ammonia for domestic purposes one tablespoonful to a quart of water is about the ordinary proportion.

A UNIQUE MENU.

The ingenious superintendent of a hospital wanted to do something "different," so when she entertained the staff and trustees at the yearly gathering, each guest was handed a card with two or more sentences in which some of the words had part of the letters left out or transposed—each of these words being the name of some remedy. On some of the cards were conundrums, the answer of which was a remedy—for instance: What liniment does the ice wagon carry? Answer, Pond's Extract.

But the menu cards were preserved as the most unique part of the feast, reading as follows:

M. D.'s from Sea Cliff.
Nerve Tonic.
H2O Sterilized Crisps.
Combined Commodities (a la Docteur).
Vanquished Substitute for the Staff.
Oxytocus.
Saturated with Saline Solution.
Dissected Condiments with Wet Dressing.
Rhine Clippings.
Cook's Compound.
Cold Compresses.
Extract Brown Berry.
Hot Chloride Sodium.
The interpretation being:
(Mighty Dear) Little Neck Clams.
Water.
Celery.
Wafers.
Mushroom and Sweetbread Patties.
Beaten Biscuit.
Olive.
Cranberry Jelly.
Chicken Salad served in Apples.
Cake.
Cheese.
Ice Cream.
Coffee.
Salted Nuts.